

This magazine is packed
full of good ideas to
inspire, support and
challenge you to be the
best you can be!

Issue 21: Friday 26 March 2021

High Five

Primary
Behaviour
Support &
Provisions 

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Inspire...

First we try to find ways to make you want to be the best you can be



Challenge...

You want to be the best you can be and you know we are there to help so now we ask you to take risks and try new and tricky things



Support...

When you want to be the best you can be we try to help you as you learn and grow

Welcome to High Five!

Welcome back to High Five. It's time for Easter holidays! We might not be able to do everything we would like to right now but the High Five team are here to help you plan a fun Easter break. Have a look through this issue and then make a plan with the people in your home. Whether it's rolling eggs or planning a trip around the world without leaving the house- there's plenty of ideas to get you started! We are also taking some time to look back over the last term and even the last year!

Remember all of our activities are based on the Take 5 model developed by the Public Health Agency (PHA). You have heard about how important it is to take at least 5 portions of fruit and vegetables a day for your physical health. Take 5 gives us 5 good ideas to help with our emotional and mental health.

More information about Take 5 is available at <https://www.mindingyourhead.info/take-5-steps-wellbeing>.

We hope you have fun trying out these good ideas - let us know how you get on at primarybsp.enquiries@eani.org.uk

Put High Five in the subject line and **make sure you ask an adult before emailing - they'll need to tell us if it's ok to share your pictures and stories on our website and social media platforms.**

Things to do during Easter

The National Trust have lots of ideas for Easter Adventures at home this year.

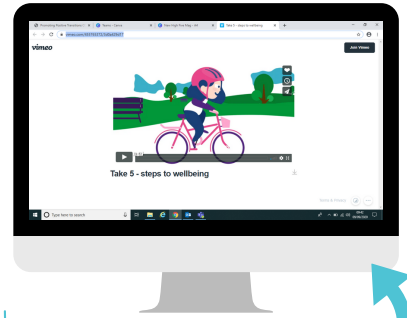
"Bring our Easter adventures in nature trails into your home this spring. As Easter approaches, we'll equip you with three activity packs inspired by our springtime friends – the house martin, thick-legged flower beetle and painted lady butterfly."


Click here



Take5

steps to wellbeing



Watch a short video about Take5 here



Be Active

Play, join a team sport, walk, cycle, run around. Being active helps us keep fit and also makes us feel good.



Connect

Have fun with friends, talk with family, help out at home, share your feelings. Being connected makes us feel loved.



Take Notice

Watch and listen to what's going on around you, changing seasons, bugs, birds, flowers and rainbows. Take notice of how you feel.



Give

Do something nice for a friend or family member, share, smile. Give to yourself - play, be creative, use your imagination, draw, paint, dance, dream. When we give to ourselves or others it makes us feel happy.



Keep Learning

Read for fun, learn how to do something new, try your best. Set a challenge you will enjoy. Learning new things makes us feel proud as well as being fun to do.

High Five is Nearly One!

The first issue of High Five came out on 10 April 2020. We can't believe nearly a year has passed since then and you are now reading issue 21!

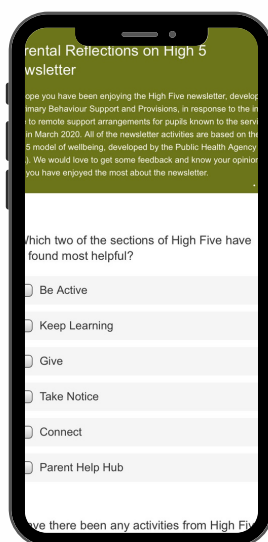


We want to know what you think about High Five!

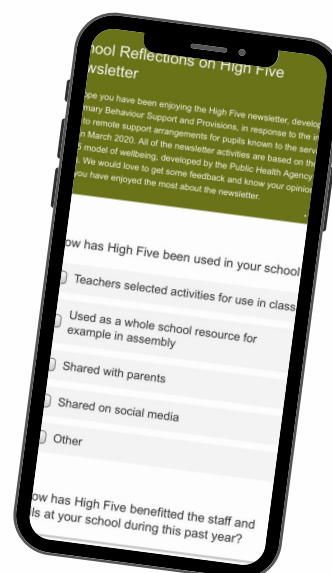
Click on the links below to complete our online survey- let us know things you like about High Five and ideas to help us make it even better!



Pupils click here



Parents click here




Schools click here

Looking back

With Largymore Primary

Largymore Primary took time this week to take notice and look back on this term. As you read through this issue you'll see examples of how the whole school community inspired, supported and challenged each other to be the best they could be through this lockdown.



Connect is one of our five recommended daily activities from the PHA to stay healthy and well! At Largymore Primary School we made it our mission during this second Lockdown to stay connected daily to our pupils, our families and our community!

We had learned lessons from the first lockdown and as a school staff we wanted to do things better for our kids.





Mrs Dunlop
(introducing the pancake challenge)

The Morning Message

The most powerful connection had to be the verbal interaction on a daily basis with our pupils. The power of a positive morning message that introduced each day to them, how the teacher was feeling, a moment of mindfulness before they started their lessons and direction on how they could spend their day.



Largymore P7 pupils
enjoyed connecting with
each other via Zoom.



Top Tips for Staying Connected

Largymore Primary

Interactive Feedback

We made good use of the digital platform "Seesaw" to give daily feedback; a mix of verbal, marking with stickers and written comments with next steps for learning. The pupils responded through their own comments and parents saw each day the progress that their child had made. We also used a mix of online and written workbook activities during the day. The feedback about the teaching strategies employed has been very positive.



Technology

We all have relied on technology to Connect in 2020-21! To make sure everyone could connect, we gave out Chromebooks that were supplied by the Department of Education to homes that did not have a device they could use for home learning. We also distributed BT wifi hotspot vouchers so that every family was able to get online over the lockdown. We made connection with the Rotary Club of Lisburn and are very grateful for the laptops they donated to our families! The school Principal was door to door technical support over the weeks helping families with device/connectivity problems!



Engage Teachers

We had 3 designated Engage teachers who connected with the few pupils who didn't login in the morning. By 11am we had called to see if there was a problem with technology or if they were ill. If a parent was struggling to get their child to complete the daily activities they were invited into school for a one-to-one session with the Engage teacher to catch up on missed work. It was a great way to get everyone back on track and it gave the Engage teachers a real focus over the last 14 weeks.



Competitions & Challenges

Over Lockdown we have had numerous competitions to give families a focus and a chance to win a Food Hamper! These have gone down a treat and it was lovely to see all their photographs posted on Seesaw. Here is one of the entries to our Build a Snowman challenge!



Counselling and Support

Our families received the High Five Newsletter containing the help and support to access if they were struggling in the home. We sent our kids affirmation posters for their wall at home reminding them how amazing they are. They also got surprise treats in their work packs that they picked up every 3 weeks. The Pastoral Welfare team at Largymore has worked with the Health Trust, Social Services and the local community voluntary sector to access pupil counselling services and family support including rehabilitation services. Barnardos and the Atlas Women's Centre has held twice weekly ZOOM meetings that parents access.



At home over Easter why not try to make some crafts, using things that would normally end up in the recycling bin. You could make an Easter gift for someone special, like a friend or a member of your family. To make this Easter rabbit you will need...



- An empty toilet roll
- Some extra cardboard, like a toothpaste box
- A piece of paper
- Glue or sellotape
- Scissors
- Some felt tips



1. Cover the toilet roll using white paper, use sellotape or glue to stick it on.



2. On the extra card draw rabbit ears. Glue this to some white paper then cut around them. Decorate the ears then sellotape to the inside of the toilet roll.



3. To finish draw on the eyes, nose, mouth and whiskers.



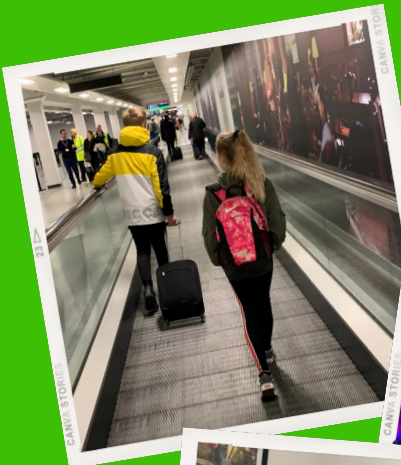
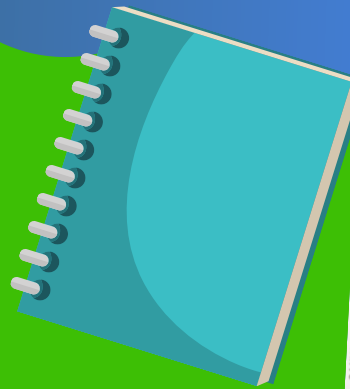
Don't forget to ask an adult for help if you need it!

Looking back



Life before lockdown

This week we marked one year since the first lockdown started. So much has changed since then! As a family have a look at some of the last photos you took before the lockdown. Share them with your school and make a class scrapbook to capture this moment in time.

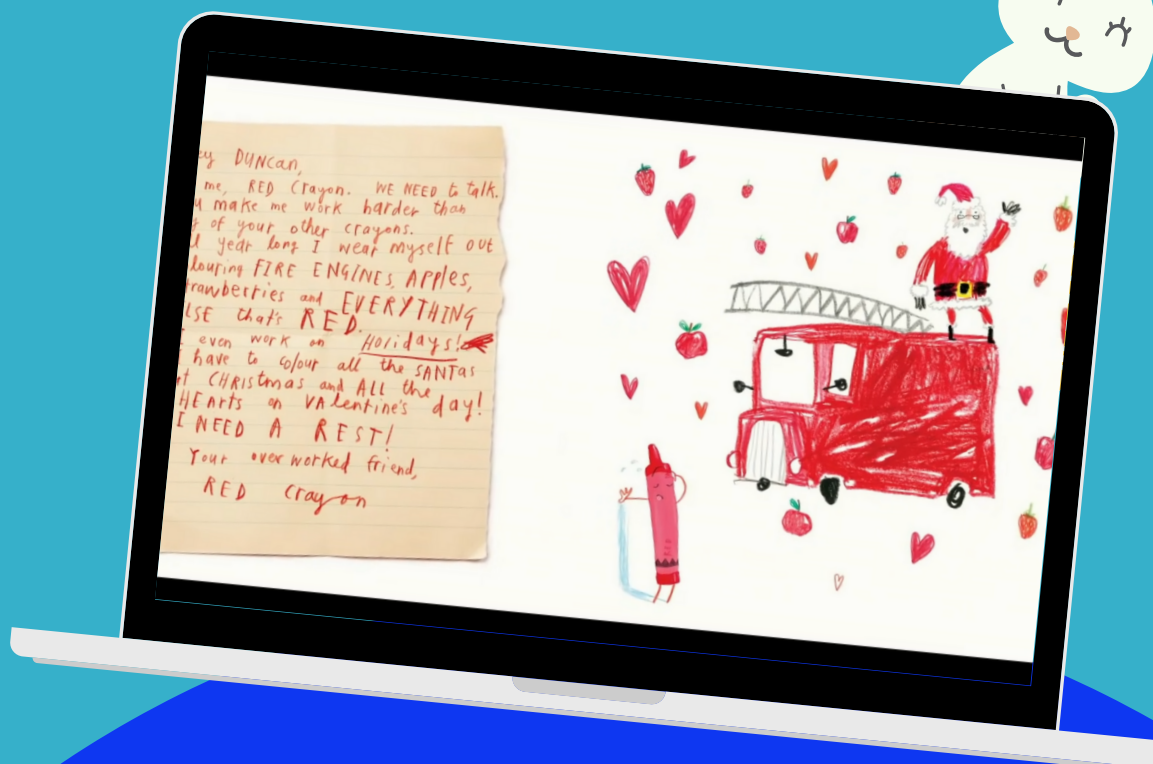


We would love to see your class scrapbook looking back before lockdown. Share your pics at primarybsp.enquiries@eani.org.uk

We love The Day the Crayon's Quit! It's a funny story but it also helps us to take notice of how we feel. Click on [this link](#) to hear it.

Last issue we took notice of when we felt impatient like Purple crayon.

In this issue we are going to take notice of when we feel like Red crayon. He has been working so hard- even over the holidays!
He really needs a rest!



Take Notice

Right now everyone in the whole country feels like Red crayon! We all need a rest! Before you plan your Easter holiday with your family take notice of what you need a rest from.



Mrs Galbraith feels like Red crayon- she needs a rest from sitting inside at a computer!

What makes you feel like Red crayon right now? What do you need a rest from?

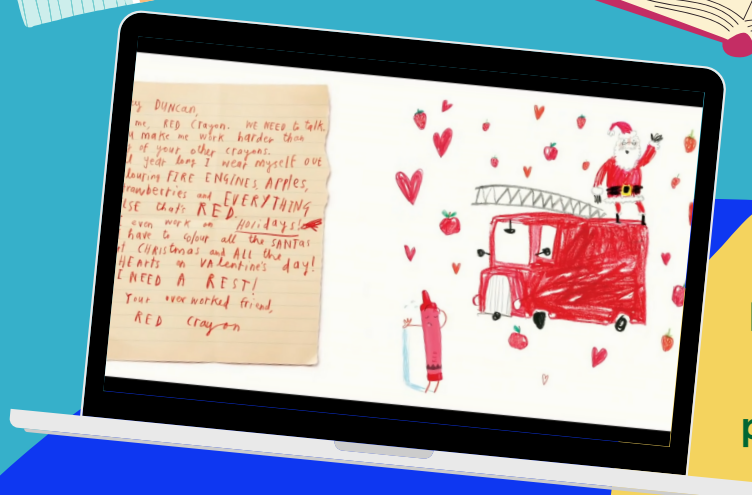
Mrs Millar feels like Red crayon- she needs a rest from being apart from her daughter who lives in London!



Mrs Hendron feels like Red crayon- she needs a rest from spending so much time at home!



Mrs Scullion feels like Red crayon- she needs a rest from correcting homework!



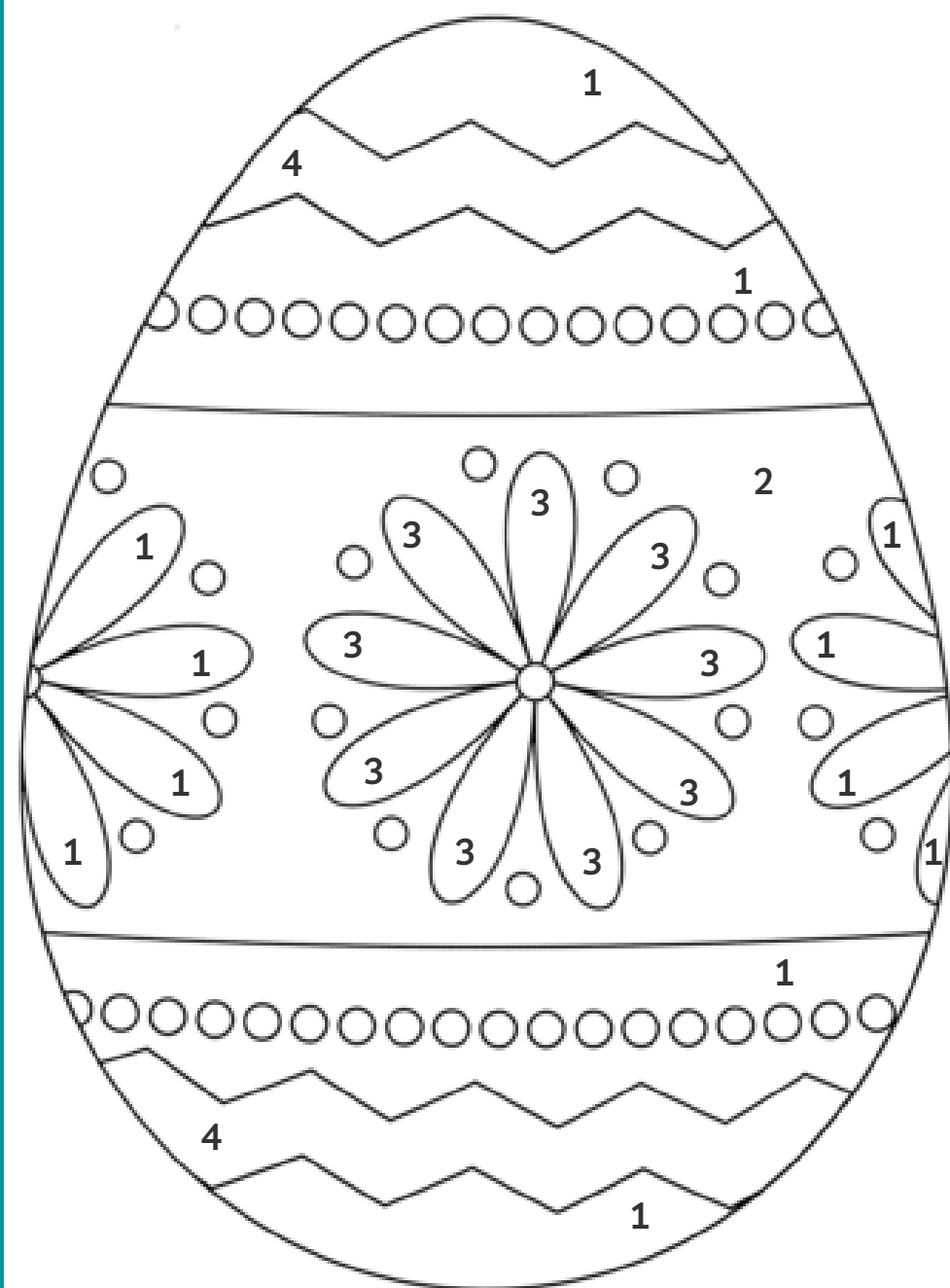
Let us know what you need a rest from at
primarybsp.enquiries@eani.org.uk

Mindful Colouring

Colouring is a relaxing activity that allows our minds to rest. Why not have a go at colouring in our Easter colouring page?

Why not follow our colour by number key to help you?

- 1.pink
- 2.blue
- 3.yellow
- 4.green



Looking back



The Learning Journal has been a fun way of recording all the amazing work you have been doing. As the term comes to an end, we can look back and be proud of how well we have done. Whether you are a teacher or pupil, and whether you have been in school or learning remotely, be pleased with yourself for what you have achieved in a very difficult term.

What was my biggest achievement?

What did I enjoy?

Who helped me?

Did I do my best?

What would I like to try again or learn more about?

What am I looking forward to next term?

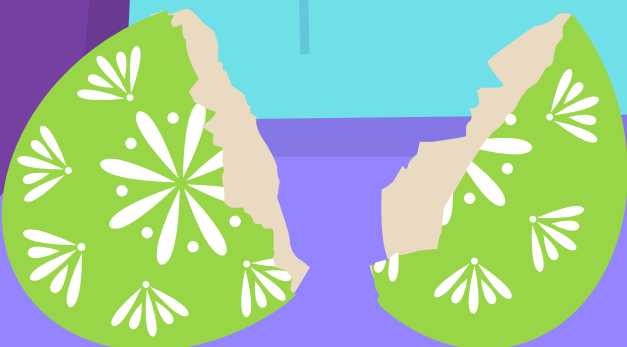




My Holiday Journal

In this issue we are getting ready for a break. But remember - learning doesn't just happen when you have a pen and paper! Even while you are having a rest you will still be learning. Make a note at the end of the break of all the things you have done!

- Had an Easter egg hunt (I found 4 eggs!)
- Baked Easter chocolate bark and then left it on Auntie Angela's doorstep (and I licked the bowl)
- Went on a scavenger hunt in the park
- Stayed in my pyjamas all day (it was raining and windy outside)
- Had a water fight in the garden (we were all soaked!)
- Ate lots of chocolate!!!! (I learnt that I prefer milk chocolate to white chocolate)



Give

Do you remember the kindness challenge in issue 18? Let's do it again but this time use an Easter recipe!



1.

Think about the people you would like to give a treat. A neighbour, a friend, a family member?



2.

Look at some recipes and decide what to make- we have some ideas on the next page.



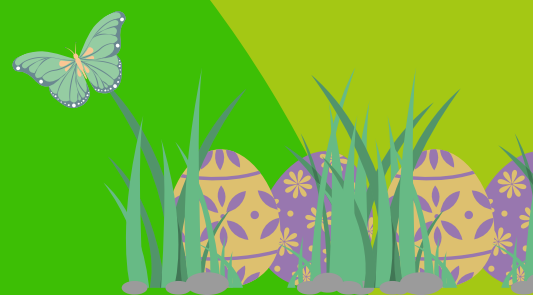
3.

Wash your hands and then get baking!



4.

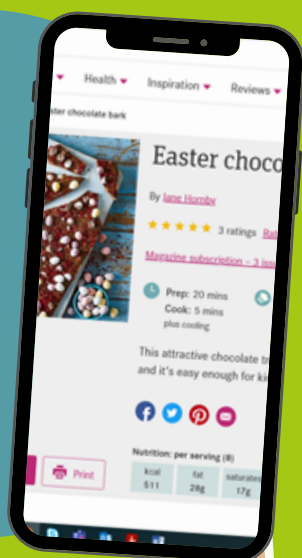
Take photos of yourself delivering the treats to their doorstep and share them with your school and us at primarybsp.enquiries@eani.org.uk



Easter Recipes

BBC good food has a lot of Easter recipes to try! Click on these links to see a few of our favourites...

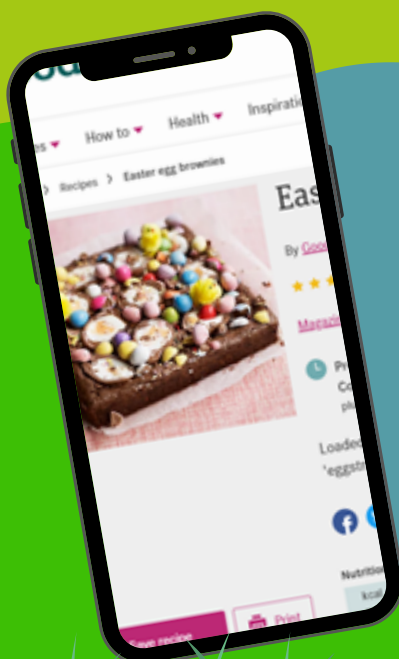
Easter
Chocolate
Bark



Easy
Easter
Nests



Easter
Egg
Brownies



Easter
Egg
Cookies



Meet Paul



Dr Paul Conlan is GP at Wynne Hill Surgery in Craigavon, he has been involved in the vaccine rollout across Northern Ireland. Mrs Hendron asked how things have changed since the lockdown started.

Describe a typical day in your role as a GP during the Covid-19 pandemic.

I work with a team of six other GPs, three Practice Pharmacists, three Treatment Room nurses, a Practice Nurse and fantastic crew of supportive administrative staff. We begin at 8am with emergency telephone calls from patients. At 8.45am we have a daily team meeting to discuss any new Government guidance and plan the day ahead. Face to face appointments run from 11.30am until 12.20pm, and 4.30pm until 5.20pm. On the days that we have Covid vaccines, we distribute these from 9am until 12 midday and again from 2pm until 5pm.

What has the arrival of the Covid vaccine meant for your staff and patients?

We're absolutely delighted to see the Covid vaccines being offered to our patients. It is a huge logistical operation for all of our administrative staff and we are very proud of our efforts in delivering it safely to our practice population.

How has your work changed since the start of the pandemic?

Because of social distancing guidelines we have had to decrease the number of patients in our waiting rooms, which has meant a massive increase in remote consultation – telephone, video, email, SMS texting.

How do patients feel about receiving the vaccine?

The patient feedback has been excellent – they are happy and relieved to be receiving their vaccinations.



What can we hope for as more of the population is vaccinated?

I hope that people can return to their previous hobbies and activities, that workplaces and centres of education can reopen safely, and that we can all book a holiday somewhere!

How has working during the pandemic impacted on staff?

In addition to delivering our traditional General Practice service, we had had to staff the COVID centres and also run large, complicated vaccination sessions, leaving the staff stretched in many different areas.

Has Coronavirus changed the way you feel about your work?

I do miss the face to face element of the consultation with patients and I worry that remote consultation may adversely affect the doctor-patient relationship.

The work of a GP is busy and demanding, especially at the current time. What do you do to relax after a day at work?

I am blessed with an understanding wife and three children aged 1, 3 and 5. No matter how busy or stressful the day has been, I'm usually smiling or laughing about something within about 5 minutes of arriving home!

The Foodbank

Largymore Primary has an amazing connection with Lisburn Foodbank. We cannot thank the team enough. We collect boxes of food and in school volunteer staff make up FAMILY HAMPERS. Over the past year we have delivered 162 hampers with lots of goodies for the family to allow for a 1 week shopping break.



Supporting Staff

To **CONNECT** with each other at Largymore, we have enjoyed staff treats from parents, Marks and Spencer surprises, daily conversations talking about the other 4 steps to wellbeing and keeping staff in the loop with the flow of information which has been vital to their health and well-being. WhatsApp has been helpful for this.

Taking time with their own family at the evenings and weekends and of course a reminder of how **AMAZING** they have all been! I hope they will enjoy the Easter Break and take this time to reconnect with family safely as many of us have not been able to visit elderly relatives because we have been in school.

Looking back

With Largymore Primary





Be Active



Tamnamore EOTAS
had a go at dyeing their
boiled eggs

Egg Rolling

Step One- Hard boil and dye your eggs. Put lots of food colouring into the water and the shell will change colour as the egg cooks.

Step Two- Find a hill, then have a go at rolling your eggs. Which eggs roll down the hill fastest?

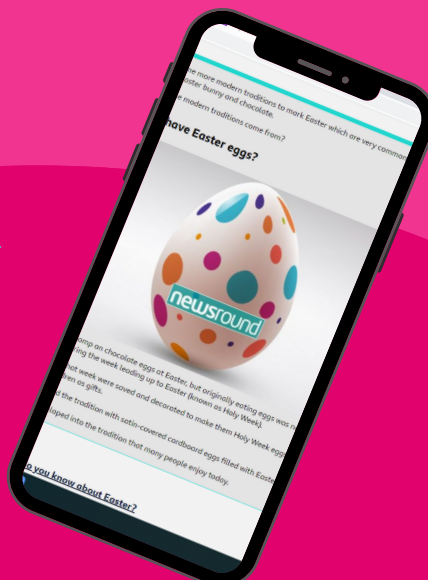
Easter Egg Hunt

Step One- Have someone hide eggs either inside or in the garden.

Step Two- Hunt for the eggs! Ask the hider to let you know when you are getting close to a hidden egg.



Click here to find out
why we have eggs at
Easter!



PBSP NEWS

Little Oaks EOTAS had a special visit from the Paramedic Response Unit. Bill the Paramedic showed them the equipment that he uses and let them try some of it out. The boys even got to sit in the response vehicle and switch on those important flashing blue emergency lights. Mr Holly and Mrs McBride got a checkup as well!



PBSP Easter Inbox



Pupils at Carryduff Primary School have been doing some Easter art work. Look at these lovely Easter cards!



Fir Trees EOTAS were busy making (and eating!) Easter nests. Yum!



Dean, P1, was also making nests at home with his Mummy. They look delicious!

Looking back



This is Maddie and Murphy when lockdown started...



This is Maddie and Murphy now - one year later

Tell us your High Five news at
primarybsp.enquiries@eani.org.uk

Whole class resource available now



The 'Back Together Again' programme has been developed by EA Primary Behaviour Support & Provisions. It offers pupils the opportunity to reflect on their time at home over the recent months and process their thoughts and feelings about being back together again at school, using strategies to promote and support positive well-being.

You can find this resource at <https://www.eani.org.uk/information-for-educational-settings> under the positive behaviour section.

This programme includes:

- Guidance Notes
- Presentation
- Pupil booklet



For the grown ups

The help hub is a section especially for the grown ups, whether at home or in school. In each issue we'll share helpful tips and good ideas. If you would like us to cover any topics in this section let us know at primarybsp.enquiries@eani.org.uk



An A-Z of a Nurturing Environment

Inspired by the brilliant “Resilience Alphabet” (developed by Martha Simpson and Philip Wong) which is being circulated by Education Scotland, the help hub is providing an A to Z of values important for a nurturing home. It is based upon the work of Dr Chris Moore Educational Psychologist (EA Psychology Service).

Each week we'll give you simple ideas to try with your family!

Y is for You

Your relationship with your child is more important than any support programme or therapy session. How you look at your child, listen to, speak with and support them will create the vital opportunities they need for development and growth.

Z is for Zen

This final letter is all about relaxation. It's important that you look after yourself and stay relaxed. Then you'll be able to support your child when they are upset, and have the energy to follow all these 'AtoZ' pointers to have a nurturing home.



Plan a "dream holiday"



We are all feeling a little fed up and dreaming of the days when we can go on holiday again. One Mum was so ready for a family holiday that she sat down with her children and planned a holiday around the world. Then, without leaving home, they made their holiday happen! Here is what happened...

Day 1

We packed our cases and made sure we had our tickets and passports! We had our luggage checked and then got ready to sleep on the plane. The Air Hostess read us a story.

P.S. Tomorrow we are off to America!

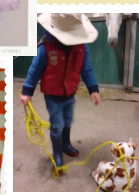


In each "country" they visited, Lyia, Toby and Mum, Alison tried out some of the local food and had a go at some of the activities that can be done there. They made some amazing memories along the way!



Day 2

Howdy from Austin, Texas! Today we did some rodeo activities and ate Southern Fried Chicken and donuts. We even had time to visit Mickey Mouse in his Clubhouse before we were on the plane again.



Calf roping and making American flags

Day 3

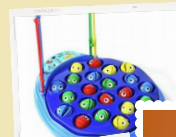
Here we are in Peru! We learned a Peruvian game called Sapo and climbed Macchu Picchu with our dogs. We even listened to Peruvian panpipe music.

P.S. Tonight we are getting a boat to our next destination...



Day 4

Brrrrrrrrrr! It's freezing here in Antarctica! We did some fishing and ice sculpting, and even decided we could manage a slushee!





Day 5

We made binoculars for our safari trip to Africa! We made our own African drums and finished the day with a relaxing DVD of The Lion King.



Day 6

Today we were in China. We had lots of fun eating noodles and prawn crackers with chopsticks and had a go at making some Chinese symbols. Then we experienced Mount Everest in the film Abominable..



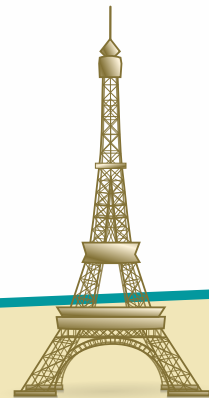
Day 7

Ciao! We woke up this morning in Italy and have had a fab day eating ice cream and pasta! What do you think of our pasta shape pictures?



Day 8

Bonjour! Today we were in France. We're nearly home again! We built a Lego Eiffel Tower, went for a cycle along the "Seine" and made our own Snails and Frogs legs for dinner!



Day 9

We met up (via Zoom) with our aunt in London and our Grandad in Devon. What a great time to enjoy a very British roast dinner (yum!) and a Devon cream tea, before our flight back home!



If you, like Lyia, Toby and Alison are dreaming of your next holiday, have a go at choosing a "destination" and spending a dream day there, eating the food, doing the activities and maybe even catching a movie!

When We Need Support

If you are having financial difficulties during this time, there is help you can access. Here are some of the local supports that are available if you are in difficulty.



Click here

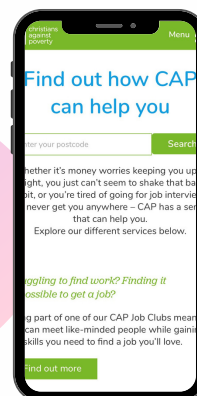
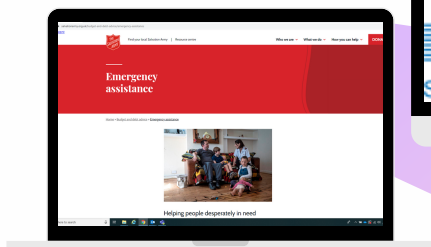
The Trussell Trust website has links to several foodbanks in Northern Ireland. They also have a dedicated Financial Crisis Helpline for families who are in financial difficulty.

The Whitehead Storehouse, located in County Antrim, provides emergency food supplies and certain other help for people who need it in the Whitehead Area.



Click here

The Salvation Army, St Vincent de Paul and Christian Against Poverty are all locally run charities that can provide assistance to families who are in financial difficulty.



Lifeline



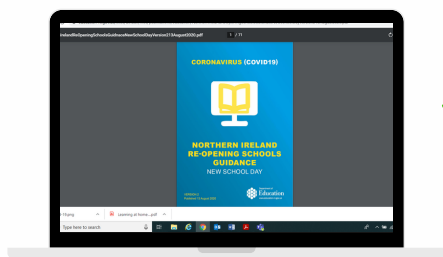
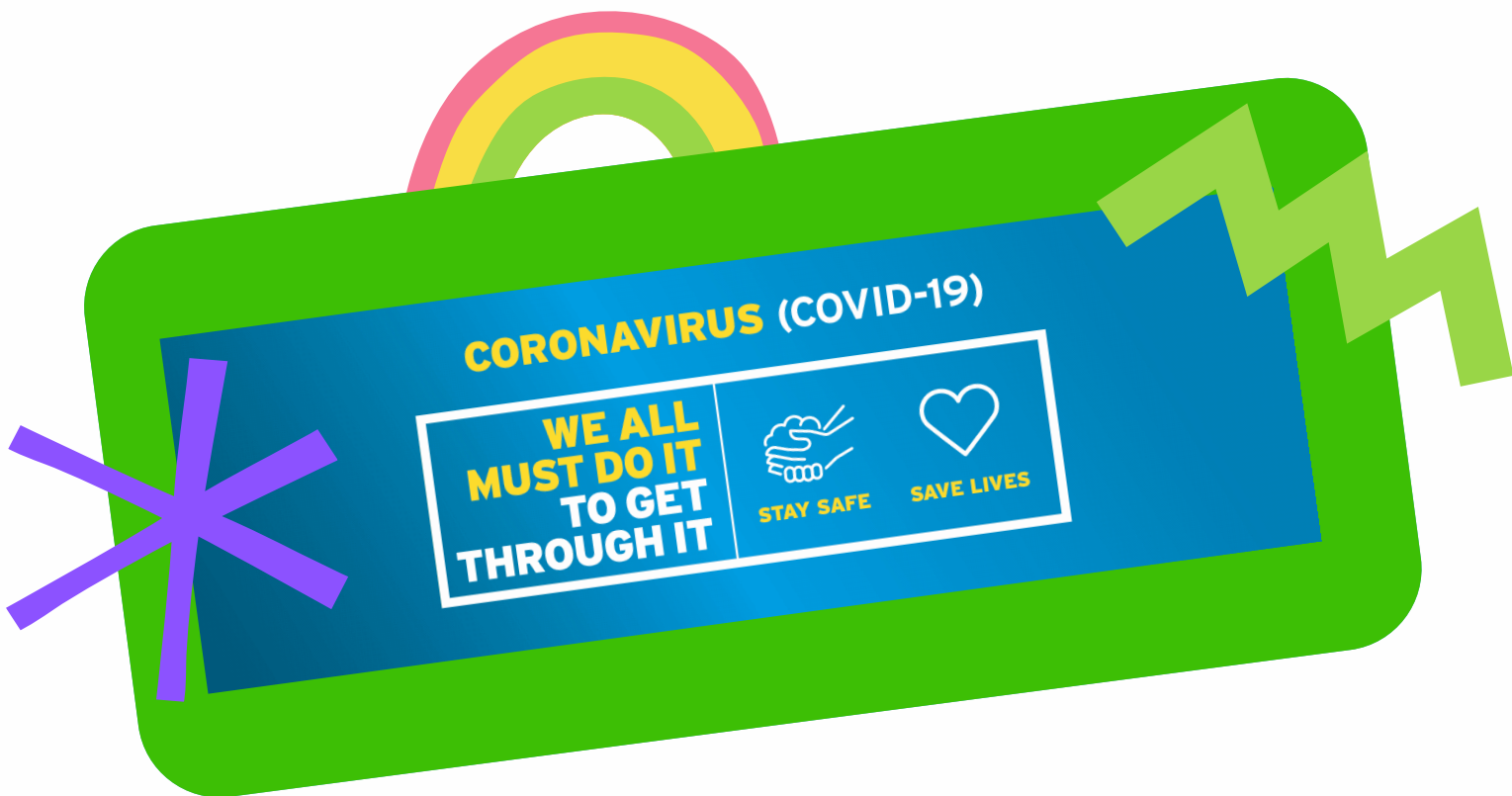
Childline



ParentLine NI



Minding your own and your family's mental health is of paramount importance. If you are in difficulty, here are some organisations who provide immediate telephone and online support.



Click here for a link to the Department of Education's Re-Opening Schools Guidance

Find information on the Department of Education's Education Restart Programme here.



For help with a bullying concern you have, click here to visit the Get Help section of the NI AntiBullying Forum website.

Click here to keep up to date with the Public Health agency.

